

San Mateo County Arab Community Workgroup presents:

# Health, Mood, and Well-being: Services for You and Your Family!



Join the Arab-American Community for a presentation and discussion around ways to improve your emotional and mental well-being.

Learn about the different resources and services offered through San Mateo County.

**Thursday, April 14**

**6:00pm – 7:30pm**

**Westmoor High School**

**131 Westmoor Avenue, Daly City**

**In the Band Room**

**Raffle Prizes!**

- Child care for children age 5-12
- Food and beverages provided
- Arabic interpreter services
- All are welcome!

For questions or inquiries, contact:

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[www.smchealth.org/ODE](http://www.smchealth.org/ODE)

